



My Food Guide

Name: _____

My Recommended Food Guide Servings per day

My Numbers

Girl aged 14 to 18

Vegetables and Fruit **7**

Eat at least one dark green and one orange vegetable each day. Choose vegetables and fruit prepared with little or no added fat, sugar or salt. Have vegetables and fruit more often than juice.

Grain Products **6**

Make at least half of your grain products whole grain each day. Choose grain products that are lower in fat, sugar or salt.

Milk and Alternatives **3-4**

Drink skim, 1% or 2% milk each day. Select lower fat milk alternatives.

Meat and Alternatives **2**

Have meat alternatives such as beans, lentils and tofu often. Eat at least two Food Guide Servings of fish each week. Select lean meat and alternatives prepared with little or no added fat or salt.

My Examples

Each example represents 1 Food Guide Serving



Carrots, 125 mL, ½ cup, 1 large



Romaine lettuce, 250 mL, 1 cup raw



Cucumber, 125 mL, ½ cup



Dried fruit, 60 mL, ¼ cup



Fruit juice, 125 mL, ½ cup



Potato, 125 mL, ½ cup, ½ medium



Bread, white, 1 slice, 35 g



Cereal, cold, 30 g



Cracker, saltines, 10, 30 g



Pasta/noodles, 125 mL, ½ cup cooked



Rice, white, 125 mL, ½ cup cooked



Waffle, 1 small, 35 g



Milk, 1%, 2%, skim, 250 mL, 1 cup



Cheese, 50 g, 1 ½ oz



Cheese, cottage, 250 mL, 1 cup



Fortified soy beverage, 250 mL, 1 cup



Pudding/custard, 125 mL, ½ cup



Yogurt, 175 g, ¾ cup



Beans, 175 mL, ¾ cup



Eggs, 2



Seeds, shelled, 60 mL, ¼ cup



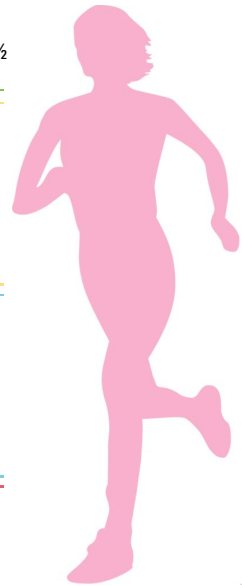
Tofu, 150 g, 175 mL, ¾ cup



Beef, 75 g (2 ½ oz) / 125 mL (½ cup)



Fish, fresh or frozen, 75 g (2 ½ oz) / 125 mL (½ cup)



Build **at least 90 minutes** of physical activity into your day everyday



Use with Canada's Food Guide

Here are the examples you chose:

- Badminton
- Running
- Cycling
- Swimming, continuous
- Dancing
- Yoga

